

**Question On Notice**  
**No. 932**  
**Asked on Tuesday 31 August 2004**

**MS NELSON-CARR** asked the Deputy Premier, Treasurer and Minister for Sport (MR MACKENROTH)-

QUESTION:

With reference to an estimated 30 per cent of Australian children overweight or obese, and the declining participation rates in physical activity which is seen as a major factor- What initiatives is the Government taking to encourage young Queenslanders to become more active?

ANSWER:

There has been much said in recent years about the decline in participation of young people in physical activity and health and social issues associated with healthy weight in children. These issues were recognised within the Government's Getting Active – The Lifestyle Choice policy.

A number of significant initiatives originating from the policy have been developed and are now starting to take effect.

The Get Active Queensland Children and Young People strategy (the strategy) is a Queensland Government initiative to increase the quantity and quality of opportunities for children and young people to participate in physical activity. The strategy targets opportunities for children and young people regardless of their skills or ability, and offers support to families and those people in our community who care for or work with children.

The strategy identifies those people and organisations that are best positioned to influence the participation choices of children and young people. It also works with or through these people and organisations to shape policy, programs and practice.

The strategy targets four key intervention groups:

- families (mainly targeting parents and carers);
- early childhood professionals;
- schools (mainly targeting teachers but also other members of the school community); and
- sport and recreation organisations (mainly targeting coaches, officials and club administrators).

To meet the needs of each of the key intervention groups, a package of 22 initiatives (see Attachment) has been developed and delivered statewide. They include booklets about appropriate physical activity to help parents with babies, toddlers and preschoolers; workshops for early childhood professionals; resources for teachers to support daily physical activity and help train parents to assist in the delivery of school physical activity programs; and finally workshops and resources to help clubs and associations.

The delivery and distribution of initiatives is still occurring, but to date, more than 21,000 resources, along with 30,000 information kits have been sent to parents, schools/teachers and early childhood professionals across the State.

The formal evaluation of the strategy, including client satisfaction scales and evidence of changes in work practices, has just commenced. Already we know that 96 per cent of teachers surveyed believed the resources would meet their needs and 97 per cent of participants in the early childhood initiatives rated the workshops as either excellent or very good.

The strategy is not just about training and resources. The Get Active Queensland Schools Program (the Program), for example, has involved in excess of 43,000 students participating in activities since it commenced in April 2002.

The Program provides school children with a range of healthy lifestyle presentations and activity sessions designed to promote greater physical activity levels. The activity sessions are designed to cater for all school age groups and include an array of games, circuit activities, team building activities and fitness tests.

The healthy lifestyle presentations succinctly identify the benefits of, and ways to be, physically active, as well as discuss strategies to lead healthy lifestyles by addressing issues such as nutrition, safety, stress, substance abuse and bullying.

The Program has proven highly successful, is well attended by school children and generates a substantial number of requests for return visits. The Program also provides an excellent opportunity to introduce school teachers to the other resources available under the Get Active Queensland Children and Young People Strategy, which are available for teachers to implement in the school environment after the Queensland Academy of Sport athletes conclude their visits.

Sport and Recreation Queensland also operates 12 Outdoor Recreation Centres located across the State. These centres provide children and young people with the opportunity to experience a broad range of aquatic, adventure and sporting based activities such as swimming, canoeing, kayaking, abseiling, rock climbing, problem solving, beach games and team sports. By providing children and young people with an enjoyable learning experience, the lifelong benefits of sport and active recreation are promoted.

The Government is investing significant resources in developing and maintaining the centres for all Queenslanders with the recent \$18 million Tallebudgera Outdoor Recreation Centre redevelopment an example of this commitment.

Finally, the Queensland Government continues to invest some \$33.5 million dollars each year through funding programs to assist with the provision of sporting facilities, infrastructure and services across the State and a further \$9.5 million to support State sporting organisations and other agencies who provide junior sport and active recreation opportunities.

Brief description of each of the Children and Young People Strategy initiatives

**Parents and Early Childhood Carers**

Move Baby Move -A booklet to help parents and carers incorporate safe, active movement into their babies' daily routines.

Active Alphabet- Active Alphabet provides information presented alphabetically for toddlers and their parents and carers to use together to learn more about the importance of physical activity and basic active movements.

Let's Get Moving -An activity book for preschool-aged children based on the fundamental movement skills and movement concepts with attached support notes for parents and carers.

Moving with Young Children - A series of workshops, suitable for anyone who works with young children, which aims to enhance physical activity programs in early childhood environments.

Active Choices - A checklist for Parents/Carers and Clubs – to help decide the most appropriate physical activity and club for their children.

**Schools**

The Get Active Queensland Schools Program - an initiative that involves Queensland Academy of Sport athletes visiting schools throughout the state and delivering activity sessions and healthy lifestyle presentations.

Active School Leaders - A student-centred leadership program for primary and secondary students, which provides younger students with the opportunity to learn and develop skills in physical activity and provides older students participating as leaders to develop organisational skills and confidence.

Daily Physical Activity – A Guide for Schools - A 'how to' manual for primary and secondary teachers, which focuses on getting children active and instilling positive attitudes towards an active lifestyle.

Support an Active Learner - A kit to help teachers run workshops in their schools for parents and volunteers who are interested in delivering basic physical activity skills sessions.

Professional Development Workshops - Providing teachers with the opportunity to discuss issues affecting the delivery of physical activity programs.

The Teacher Coach/Official Accreditation Program - enables teachers, teacher aides and student teachers across the state to attend free training days that enable them to become accredited under the National Coaching Officiating Accreditation schemes.

Kids Playground - a specially developed section of Sport and Recreation Queensland's website that gives children information about getting active.

Schools Out, Keep Active!- Funding for selected Queensland State Sporting Organisations to provide training and support for outside school hours care staff in the delivery of entry-level sporting activities for primary school children.

**Sport and Recreation Organisations**

Queensland Junior Sport and Recreation Forum - A forum of government and non-government agencies and aims to support a cooperative approach to the delivery of physical activity initiatives for children and young people.

Challenge Achievement and Pathways in Sport - A sport-based Program designed to increase the number of, and participation by, volunteers within clubs and associations. The program is aimed at young people between the ages of 14 and 20 to develop skills in administration, coaching event/team management, sports health and being an official.

The Traineeship Assistance Package - provides funding to organisations operating within the sport and recreation industry to employ sport and recreation trainees.

The Rural/Regional Coach and Official Mentor Program - an initiative through which coaches from rural and regional parts of Queensland are paired with more experienced “mentors”.

The Volunteer and Club/Association Management Program is a training course that provides local clubs and associations with an avenue to obtain the skills needed to better manage their organisation.

The Model for Developing a Junior Sport Policy is a generic set of guidelines that help sporting clubs and associations to develop their own junior sport policies.

Fair Go - A package to promote fair play and introduce codes of behaviour for players, administrators, officials, coaches and parents.

Locker Rooms - part of a statewide series of free community forums that give everyday people the opportunity to exchange ideas with a panel of high-profile coaches, officials and industry professionals.

Sport and Recreation Queensland website – a comprehensive online resource for the general public and the sport and recreation industry.